

## **Abstract**

**Title:** Effect of the eight-week intervention training program with the CrossFit system on physical fitness

**Objective:** The main aim of the thesis is to introduce an individual intervention training program, examine it and evaluate its effect after 8-week practice. The goal of the intervention is to develop the athlete's strength abilities, anaerobic endurance and body stability. Another goal is to organize the training plan and the training session in a way that allows the athlete to achieve the established goal of the intervention.

**Methods:** To gather all the measurable information during the training, the thesis makes use of the continuous quantitative diagnostics. As regards the physical literacy and subjective feelings of the athlete, the thesis utilizes the qualitative diagnostics. In order to be able to gather feedback, to adjust the training plan and to evaluate the final effect, the thesis employs the methods of analysis and comparison.

**Results:** Thanks to the 8-week training program, the athlete achieved significant improvements in her physical endurance. The athlete has undeniably improved the technique of the squat snatch and squat clean & jerk, being able to lift an additional weight of 2,5 kg in both exercises compared to her initial performances. The same results were achieved in both bench press and strict press, as the athlete was able to perform both the exercises with an addition of 2,5 kg of the lifted weight. The athlete also improved her deadlift and Turkish get - up performance, being able to lift an additional weight of 5,0 kg and 4,0 kg respectively. After 8 weeks of the program, the athlete was able to perform a strict pullup and dip. The athlete's 2000 m rowing time improved by 9 seconds. In a 5-minute AMRAP, the athlete was able to perform 7 more repetitions of the exercise and burned additional 2 calories during a 10-minute-long AirBike ride. The only two exercises that did not meet the expected result are handstand pull – up and back squat.

Quantitatively evaluated, the overall fitness has significantly improved with the 8-week program, as proved by the above illustrated increased values. The qualitative diagnostics is expressed in the notes. What it testifies to is the fact that the exercises are now performed with more ease and results-related joy despite the physical fatigue. To conclude, not only was the athlete affected physiologically by the intervention but also psychologically.

**Key words:** Intervention training program, training session, result evaluation, CrossFit